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FOR IMMEDIATE RELEASE

SLIM TO WIN PROGRAM CHANGES LIVES

Annual Weight Loss Program Continues in Lehi

Lehi, Utah | January 7, 2015 – As the New Year begins, everyone is looking to make changes in their lives to get healthy. In Lehi, The *Slim to Win* program is helping people accomplish their fitness goals. This year, 16 people signed up and are already working on changing their lives.

The six-month *Slim to Win* program is designed to help develop a healthy lifestyle in the participants who choose to take charge of their health.

Past winner Rick Worthen lost 94 pounds and a total of 52 inches as a result of the program. He ended at 32 percent of his starting weight. Worthen said, “I wanted to be around for my family, and this helped me do exactly that.” The 2013 winner, Brian Allred, lost 82 pounds, 28 percent of his starting weight, and 7 percent body fat. In 2014, winner Darrin Smith lost 83 pounds and dropped his body fat to 4.7 percent. Smith credits the *Slim to Win* program for saving his life.



2013 Winner, Brian Allred

The contest does not just stop with weight loss. The main goal is for every participant to improve their level of fitness. At the beginning of the contest, each of the contestants are tested and timed for sit-ups, push-ups and the 1-mile run /walk. They are then re-tested three months later and again at the end of the program. Program Director Tina Strong said, “It’s surprising to see the phenomenal improvements everyone makes during [the program].”

One contestant, who had been diagnosed with diabetes, was recently told by her doctor that she no longer needs her diabetic medication. Another contestant who used a CPAP for his sleep apnea for years, now no longer has sleep apnea. Other contestants have run their first competitive race. One contestant completed a marathon, another completed a Spartan race, and yet another participated in a Ragnar race. The changes these individuals have been able to make truly are inspiring.

The *Slim to Win* program begins the application process every November for the following year. The fee is \$250 and a six month commitment to the Legacy Center. Visit the Legacy Center website for information.

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Lehi City is committed to transparency and keeping the community informed. All media communications should be directed to the Public Information Office. The Lehi City Public Information Officer, Robert Ranc, can be reached at (801) 814-0602, or email Robert at rranc@lehi-ut.gov. Follow us on Facebook or our Twitter handle, @LehiCity.